

The Gourmet Restaurant

旋典酒家

Over 40 items
in our Buffet including
hot & cold choices

Lunch Buffet \$9, Dinner \$11.50
Fully Licensed - Open 7 days

408 MAIN STREET, PORT COLBORNE 905-834-6883

THURSDAY, JANUARY 2, 2014

Industry

Toronto company relocating to Rose City in the spring
Page 2

Travel

Journey of a lifetime for Welland woman
Page 6

Mom makes holiday memorable

With a doll house version of a Scholfield Ave. home
Page 3

That's what they said

A year of quotes
Page 7

INPORT NEWS

SERVING PORT COLBORNE • WAINFLEET • SHERKSTON • LOWBANKS • ISSUE NO. 1 VOLUME 18

For news updated daily see www.inportnews.ca

■ ARCTIC 30: Port Colborne Greenpeace activist not yet ready to address media

GIUSEPPE VALIANTE

QMI Agency

PORT COLBORNE — Paul Ruzycki is now at home catching up with family members.

The Greenpeace activist from Port Colborne who was jailed in Russia for 101 days following a September demonstration at an Arctic oil-drilling platform returned to Canada Friday evening.

Fellow Canadian Alexandre Paul arrived in Montreal Friday afternoon.

Frank Ruzycki at about 8:45 p.m. Friday tweeted a photo of his brother with the caption "What a long, strange trip it's been."

Paul Ruzycki didn't address the media on Friday, saying through a statement from Greenpeace that he wanted to spend time with his family first.

A request for an interview Saturday was politely declined by his sister, Patti Stirling, also of Port Colborne.



Ruzycki back home with family

GREENPEACE/ANDREW NORTON/HANDOUT/QMI AGENCY

Paul Ruzycki of Port Colborne gets a kiss from his sister Patti Stirling as he arrives at Pearson International Airport in Toronto on Friday evening. Ruzycki was one of 30 Greenpeace activists held in Russia for 101 days.

See Greenpeace Page 2

YOU'RE NOT ALONE....I'LL HELP YOU FIND YOUR WAY HOME



Margaret Ann Giganti
Sales Representative



2204 HURRICANE RD., THOROLD

\$389,000 1970 triple brick home! Gorgeous property with 25 acres, 3 bns and centrally everywhere, 4 bedrooms, living room and formal dining room. This home boasts strong bones but needs a little love

To all
my family, friends, colleagues, and clients
a very happy, healthy and prosperous

New Year!
2014

ROYAL LEPAGE

368 King St., Port Colborne,
Phone: 905 834-9000
Direct: 905-321-9009

margaretann@royallepage.ca

www.niagarasrealtor.ca

LOCAL NEWS

■ GREENPEACE

Montrealer critical of Foreign Affairs Ministry

From Page 1

"Paul is taking several days to catch up on family and get his life back. I am sending him all requests for interviews," she wrote in an e-mail.

"It will not be this weekend. He is exhausted as you can well imagine. We'll be in touch when he's ready to talk ..."

The two Canadians were among 30 activists arrested and charged with piracy in September after they were intercepted at the state-owned Gazprom oil facility while trying to raise awareness about the environmental dangers of drilling in Arctic waters and to the fossil-fuel industry's role in creating greenhouse gases.

The charges were later reduced to hooliganism before the activists this month were given amnesty by Russian legislators.

Paul landed at Montreal's Trudeau airport just before 3:30 p.m. on Friday. Minutes later, he approached report-

ers and said he was "disappointed" because he felt the Canadian government didn't do enough to secure his release.

He said he was particularly disappointed in what he called the inaction of Foreign Affairs Minister John Baird.

Paul credited the lobbying of human rights organizations, foreign governments, as well as the potential for bad publicity during the Winter Olympic Games, as reasons the Russian government released the activists.

"I want to thank the Olympic Committee for awarding the games to Sochi, that's probably one of the biggest reasons I was liberated," he said.

QMI Agency was unable to reach the department of Foreign Affairs for comment on Friday.

— with files from The Tribune's Greg Furringer and QMI Agency's Nicole Riva

■ INDUSTRY: Trade magazine reports Toronto company relocating to Rose City in the spring



ALLAN BENNER/QMI AGENCY NAGARA

The former Henniges building will be home to a new rubber plant, moving to Welland from Toronto at the end of March.

Rubber-making to return to Welland

ALLAN BENNER
QMI Agency Niagara

The rubber industry could be bouncing back in Welland. By the end of March, Toronto-based rubber compound manufacturer Infinity Rubber Technology Group Inc. will be moving its operations to the former site of Henniges Automotive, creating about 70 jobs in the process.

The move was announced last week in a story published in the *Rubber News*, a U.S.-based rubber-industry trade magazine, based on an interview with the company's vice-president of sales and marketing Tom Lennox. Company representatives could not be reached Monday.

Welland economic development officer Dan Degazio credited the property owner, Waterloo-based environ-

mental development company Blueforest Ventures, with bringing the industry to the city.

He said representatives of Blueforest were been working with the city for more than two years to prepare the property for new tenants.

Although a fire in August 2012 severely damaged several buildings which were later demolished, Degazio said Infinity Rubber will move into the remaining 8,361 square metres of buildings at the south end of the 7.6-hectare property on Kennedy St. — home to rubber-making factories since 1921.

When it closed the plant in fall 2011, Henniges removed much of the rubber-making equipment that was there. But Degazio said the company left behind the large machinery needed for mixing rubber, which will be likely be utilized

by the new company.

Degazio used to work for the rubber plant before joining the city's economic development office more than a decade ago.

"I worked right in that mixing department," he said. "I had a lot of good friends who worked in that plant and it was hard to see the plant close. Now that it's reopening, I hope a lot of those people can go back and maybe finish out their careers there."

Degazio said he suspects most of the people the company hires will be from this area.

"There are a lot of local guys who used to work at the plant who are still familiar with the facility, so that's a good thing, too," he said.

Mayor Barry Sharpe said the new company will not replace all the 300-plus jobs lost when Henniges closed,

but "any vacant factory that can be brought back to a productive use and creates jobs for this area is a big plus."

"It's great news for Welland," said Welland Development Commission chairman David McLeod.

He said the company's move from Toronto fits in with the message the commission has been promoting.

"There are lots of advantages to living in Welland and locating a business in Welland," he said. "There are pockets of opportunities throughout the Niagara region and in the Golden Horseshoe, and it's just a matter of helping people see the opportunities, and business will take care of the rest."

allan.benner@summedia.ca
Twitter: @abonner1



TWITTER/QMI AGENCY

Paul Ruzycski, left, celebrates his return to Canada on Friday with unidentified family members shown in this Twitter photo.

■ **HOLIDAY:** No one should be alone on Christmas

Dinner brings smiles



MELISSA MANGELSEN/INPORT NEWS STAFF

Larry Olm, Mike Feagan and Jack O'Neil were the founding members of the Port Colborne Community Christmas Dinner.

■ **FAMILY:** Mom makes holiday memorable with a doll house version of a Scholfield Ave. home

A gift that has lasted a lifetime

MELISSA MANGELSEN
InPort News Staff

When you don't have a lot, the smallest gesture can make any holiday season memorable.

For Christine Hawker, the gift her mother made her more than 50 years ago not only brought joy, but has lasted her a lifetime.

Many little girls have doll houses, even doll castles now, but for Hawker a house that her mother Pauline Lenk crafted for her was more than just a doll house.

"She didn't just make me a dollhouse out of grape boxes, it was crafted to resemble our home on Scholfield Ave. I had many fond childhood memories there and finding this house under the tree on Christmas morning brought me complete joy," said Hawker.

The house had all the necessities — a living room, kitchen, bedroom and bathroom.

"The carpets and drapes were hand sewn by my mom and matched the colour of the rooms. The kitchen even had a linoleum floor like our house did," said Hawker.

"She made it from orange crates, just for me. To me this house was a big deal. She has always given thoughtful gifts, and I'm lucky to have gotten

these gifts from her. There are so many memories and every piece of her work has a story."

The dollhouse, though a bit beat up, still goes everywhere with Hawker. It has travelled the U.S. and Canada.

"I just found out recently that she still had this dollhouse," her mom said. "Over the years I thought she left it behind somewhere."

Lenk immigrated from war-torn Slovakia to the U.S. on the USS Washington to New York City 61 years ago this week.

"The war was ugly, but we survived," said Lenk.

After her village was invaded by German soldiers, her job as a 15-year-old girl was to dig ditches to prevent a mountain pass from being used by the Germans to reach the Russian front. When she moved to the U.S. she had very little. Eventually, she and her husband, Joseph, settled in Port Colborne.

Lenk has a neuromuscular disease and finds many things difficult to do.

"I don't have the mobility in my hands that I once had, so it limits me to do smaller projects, but I still do them," she said.

She is a jack of many trades, doing woodcarvings, paintings, stained glass work, sewing and

MELISSA MANGELSEN
InPort News Staff

No one should be alone on Christmas Day.

That's why 15 years ago, Jack O'Neil, Larry Olm and Mike Feagan came together to put on Port Colborne's Christmas Community Dinner.

"I've seen people walk through these doors each year we've had this. It's really great to see the smiles on people's faces when they enjoy good food and company," said Feagan. "We always wish we could get more seniors out because we know there are a lot of people who are sitting at home alone today."

The meal isn't just for sen-

iors or young families. It is open to the community and for those who cannot make it out the meals are delivered to people's homes.

The event is successful because of the support of the community, businesses and volunteers.

"This really is a community event. We have local businesses that provide all the food and gifts, volunteers who organize and make it happen and the people who come out and support it," said Feagan.

Feagan said that they serve about 250 people on Christmas Day from the Port Colborne High School's cafeteria.

"I think more people come

out each year, young and old, and are realizing the dinner is not a handout, it is a place to get together with friends and community," he said.

For the first eight years of the Christmas Community Dinner, it was held at the Royal Canadian Legion Branch 56. During its first year about 65 people attended.

"We had to relocate it because there was issues with the stairs there, and the ease of access for people. This is a really great location because it has the professional kitchen and enough seating for everyone," Feagan said.

Feagan got involved with it because his wife was a social service worker.

"We saw the need for something like this in the community," he said. The event has become a family affair, with his son and daughter also volunteering their time on Christmas Day.

"This has just become something that's a part of my life. We never question if we're doing it, we just do it. We're all friends here and to see the smiles on people's faces is heartwarming. This is an event that is special to the community and is a nice get-together for everyone," he said.

melissa.mangelsen@sunmedia.ca
Twitter: @tribunemelissa



MELISSA MANGELSEN/INPORT NEWS STAFF

Pauline Lenk and her daughter Christine Hawker with the replica doll house Lenk made more than 50 years ago. The doll house is a replica of Hawker's childhood home on Scholfield Ave. in Port Colborne.

quilting.

"It's really hard to believe what she has carved by hand out of a simple block of wood," said her daughter.

Lenk has spent her time making hats for premature babies in

Haiti and making mattresses out of milk bags to send to kids.

She does what she can around her retirement home as part of her retirement home, helping neighbours with crafts, painting, sewing and repairing anything that needs to

be repaired.

Lenk continues to do crafts to keep herself busy and it is something that has become a passion for her.

"I have the time to do it now, so I do it. If I see something in

a magazine or I get a request I jump on it," she said.

melissa.mangelsen@sunmedia.ca
Twitter: @tribunemelissa

IMPORT NEWS

Published by InPort News

Sun Media Corp.

228 East Main Street, Welland, Ontario, L3B 5P5

Tel: 905-732-2414 Fax: 905-732-3660

import.news@sunmedia.ca

John Tobon, publisher, print & digital

SUN MEDIA
 A Quebecor Media Company

■ our view

Forgiveness is thine

PASTOR GARY TOMIUCK

Wainfleet Congregational Christian Church

"Hello? Is anyone out there?" And "I know you're out there somewhere," are lyrics from two popular songs typifying man's search for life beyond Earth.

Some people wait to contact alternate beings and look for signs of UFO's. I believe Jesus Christ is the highest being who came through space and time to be born as a baby boy.

Many religions have worshipped the sun and the stars. For me, true worship can only be found as people worship the son of God, who is also the bright morning star.

When seekers, skeptics, and cynics ask God "Where are you?" I believe God would turn that question back to them and ask of lost mankind: "Where are you? Where are you going? Where will you be when you die?"

These are timeless questions asked of Adam and Eve after they sinned against God. Previous to that, they had experienced pure and unbroken fellowship with God in Eden. Then, Eve replaced faith and unity with overcome by separation. Forgiveness being granted, relationships restored, sin nonetheless resulted in fallen nature for everyone save the Lord Jesus.

God became flesh and dwelt among us. (John 1 vs 14). Then in Revelation 21 vs 3 "The dwelling place of God is with men" and finally "Behold the virgin shall be with child and bear a son and they shall call his name Emmanuel which is translated 'God with us'." Predicted in Isaiah 7:14 and fulfilled in Matthew 1:23.

His life and work among us should lead to praise or magnification which is what the angels meant. Mary sings "My soul glorifies the Lord and my spirit rejoices in God my saviour" (Luke 1:46-47).

Might we make those words our own and say, "My spirit rejoices every time of my being and all that

is within me bless His holy name?" Is that not similar to what John said of the Lord? He must increase and I must decrease?

The wise men rejoiced and brought gold, frankincense and myrrh (Matthew 2:11), a great compliment of the heavenly host with the angel praised God saying "Glory to God in the highest and peace to all who will to all men." (Luke 2:13-14).

The coming of Christ brings both blessing and judgement. He has brought down rulers from their thrones but has lifted up the humble (Luke 1:52). The Lord will divide the wheat from the chaff and the sheep from the goats. When He came the first time as the meek lamb led to the slaughter, when He comes the second time it will be in great power and glory as the mighty lion of the tribe of Judah. The Lord's judgement has fallen on His son for you. If you refuse it, it will fall on you. Remember Jesus came down from the highest heavens to a lowly humble — Bethlehem — to a humble peasant girl Mary. What humility. If you lift you up to the high places of heaven provided you put your faith and trust in Him. Does this seem impossible? All things are possible with God.

If you are not a Christian, confess your sins and receive the Lord Jesus through the empty hands of faith. If you are a Christian, resolve to pray more faithfully, resolve to be a more committed disciple of Christ. Resolve to do whatever God calls you to do. Resolve to become more like Christ with this new year upon us. Purpose to study the Bible more diligently and to witness to all and sundry more passionately.

God is with us, God is for us. God dwells in us and He will never leave us.

Do not procrastinate, for life is fragile and uncertain and we are not guaranteed we will see tomorrow.

Happy New Year to all.

Ice storm? Jan. 31, 2012 — now that was an ice storm

WILLIAM THOMAS
 For The Tribune

Besides exposing our vulnerability, storm disasters remind us of how rarely spoiled we are.

The weather reports claim we were hit by an ice storm last week. It was here in Niagara, which has been prone to freezing rain disaster in the past. A limb down there, a patch of ice there; no that was not an ice storm. Jan. 31, 2002 — yeah, that was an ice storm.

The recipe for a quick freeze fiasco here along the north shore of Lake Erie is a simple: sudden grey gales whip up the waves, the heavy spray turns to sleet soaking every branch and power line along a narrow band tracing the lake's shoreline. When everything is sufficiently saturated by the shower of crashing waves, then the temperature drops 15 degrees in as many minutes.

Presto. A Lake Erie ice storm. Happening in that order and always in the middle of the night, the prescription for nature's outrage comes together flawlessly and residents are yet again beset to living, hour to hour, by the basest of means. Falling limbs take down power and phone lines, lights die, water in the flood, farm roads and of course, water pumps are out of commission. People with generators become gods.

Hours after midnight, Jan. 31, 2002, I was in my kitchen drinking coffee with my neighbour, John Beck. Taking a brief break from bailing water out of our basements and stocking fireplaces to open the pipes from freezing, we opened the door and watched as nature, like a drunk in a domino tournament, smashed and bashed everything in sight.

With not so much as the hum of appliances, we sat in perfect silence and witnessed this peculiar assault on

our immediate environment — ice breaking trees, limbs lashing roofs; airborne branches smashing our cars tops and taking down eaves troughs. Some danger-like limbs embedded a foot into the ground would surely have killed a person unlucky enough to be under one. All this in pitch black except when the sky flashed bright blue from the arcing of downed power lines and blown transformers somewhere in the distance.

The first sound heard was the loud rattle of breaking ice as the trees, bent by the wind, snapped their limbs off its glassy glaze. Then the sharp crack of limbs, wrenched from the tree trunk was followed by an eerie wind noise as it was propelled to the ground. John and I sat silently side by side by this stunning brutality and assessing our situation by noise alone.

A loud, low thud meant a tree or branch had found a target.

"My car!" I said.

"Too far away," said John. "Probably my van?"

Then flying wood and ice send back the sound of crashing metal and glass.

"That was a house!"

"Probably Nelson's place."

For every man-made disaster there's an antidote, but only nature can render people perfectly helpless until that mother's work is done. Then it was back to work — bailing buckets of water from a rising tide in the basement, hauling in more wood to maintain the fireplace as a furnace, warning the winds over gas burners on the stove, replacing spent candles; winding up a crank radio for any news of relief.

Done, bad, stroke, check the news — 36 hours without everything, everything that is normally at our fingertips as soon as we wake in the morning.

We are so spoiled, so soft, so con-

trolled by convenience and completely confused by its absence. A hundred times I descended into a black basement and each time I automatically flipped the light switch on. At one point between bailing buckets and bugging loads, I decided to wash a sink full of dishes. So I collected a bucket of rainwater and snow, poured it on the hearth by the fire and then poured it into the electric kettle. And then, proud of my resourcefulness I stared at the kettle for a very long time until something at the back of my sleep-deprived brain started flashing images of "The Day After Tomorrow."

As dawn breaks on the second day, I'm shivering at the stove, my feet are soaked, my back creaks, the gull and sleep have given me a dull headache and the waves are crashing into my breakfast, spewing large rocks up and over the lawn, and in the midst of all this... the dog wants to go out and play. His got that smile that says, "I'd like to see all the sticks out there, Bill!" Yeah, the single benefit of a destructive ice storm is unlimited sticks for the game of fetch.

Fortunately the telephone lines did not go out, allowing me to have a critical conversation with a telemarketer at TimeLife Music in Richmond, Va., wanting to send me Singers and Songwriters of the '70's with no obligation.

Things got so bad that on Saturday, Feb. 2, the groundhog crawled out of a hole in my neighbourhood... wearing a cat harness, warning the winds over all the broken limbs and toppled trees, he threw himself onto a power line and ended it right there; (2/02/02) was simply odd, too much.

For comments, ideas and copies of The True Story of Wainfleet, visit www.williamthomas.ca.

■ readers' views

HARD GETTING AROUND

Several weeks ago we headed into Welland knowing the East Main tunnel was the only way to get to the construction accident. We detoured to the Town-line Tunnel, but there we were delayed by construction and long lines of traffic which were alternately allowed through. The only two routes into East Welland were obstructed at the same time. Daily users remember tunnel closures or lane restrictions — flooding, accidents, weather, maintenance, etc. — and the resulting delays and prolonged concrete repairs on what was then a relatively new tunnel, to name a few. Now, the 406 is channelled through the tunnel and we are not designed for that kind of traffic. However, there are no plans at present to extend the highway to Port Colborne

according to the MTO. That same MTO backs a mid-peninsula highway where traffic would also be funnelled through the tunnel. Yet, 406 was begun before the excavation of the bypass canal, which opened in 1972. It took 50 years for that roadway to reach its present terminus at the roundabout. The Main St. tunnel is the most direct route to the proposed and controversial south Niagara hospital. The issue is not so straightforward and must not be not partisan politics. It's about health services. Kevin Smith made his recommendation with advice from experts, including those in geography, transportation and health delivery. Did they get it right? No, but it was the best design for north and south. However, the man-made geography with its canal, tunnels, lift bridges, the QEW

and population distribution realistically divides Niagara into north, east and south. Lift bridges and tunnels are not always available, which means they're not reliable and detours and delays are potentially fatal for patients in the back of an ambulance. The south Niagara hospital should be located west of the Welland Canal and its tunnels and lift bridges.

ERIC DI PIETRO
 WELLAND

MERRY CHRISTMAS

We, Canadians, have used this greeting for centuries. If some people don't like the wording, they're free to move on. Merry Christmas and happy new year.

HANK BANGOLD
 PORT COLBORNE

GENERAL NOTICE: The contents of this newspaper are protected by copyright and may be used only for personal, non-commercial purposes. All other rights are reserved and commercial use is prohibited. To make any use of this material you must first obtain the permission of the owner of the copyright.

LETTERS TO THE EDITOR: Copyright in letters and other material submitted to the publisher and accepted for publication remains with the author, but the publisher and its licensees may freely reproduce them in print, electronic or other form.

■ **HEALTH CARE:** Expectant parents find midwives a good option

The birthing centre debate

ALLAN BENNER
QM Agency Niagara

Niagara Falls resident Brenda Cottage opted for the help of a midwife when she became pregnant with her daughter Julia Grace.

Although an obstetrician was there for her throughout her first pregnancy a few years ago, she wanted to try something different.

She researched midwives to learn as much about the health-care professionals as she could, and then visited Mylene Shields from Welland-based Sages-femmes Renaissance Midwifery.

"There's no doubt that obstetricians offer a vast amount of medical knowledge and expertise, but Cottage said the midwives provide a personal touch that she found comforting.

"They're much more in depth to what your feelings are" she explained.

About a month ago, Cottage gave birth to Julia Grace at the new St. Catharines hospital with medical specialists nearby if needed. But having the midwife there taking care of her

made it "a much better experience," she said.

Considering the service that midwives provide, Cottage said they aren't as widely used as they should be — at least not in Niagara.

That's something Dr. Karl Stobbe hopes to change.

Stobbe, regional assistant dean from the Michael G. DeGroot School of Medicine, is working with a team of physicians and medical specialists, including midwives, to provide a new service for Niagara women.

"I'm trying to work on a number of different aspects of primary care and the interaction between different kinds of health-care providers," Stobbe said in an interview Wednesday. "We need to look at the whole health-care system a bit differently."

In addition to midwives and obstetricians, he said family physicians have a role to play.

Although few family physicians deliver babies in Niagara, he said it's still a common practice in other parts of the country. While obstetricians are "hugely

valuable and absolutely necessary for the safe management overall," Stobbe said the level of expertise they offer is not needed for most births.

"They're trained to deal with problem pregnancies," he said. "I think what we need is more access for women to deliver in a low-risk setting... We think there's a gap in Niagara."

Stobbe said he's been working with a broad group of family doctors, midwives as well as Niagara Health System obstetricians to develop an alternate model of care for Niagara women.

"What we want to do is put together a team of family doctors, midwives, nurse practitioners and other professionals, and possibly social workers and dietitians that can help with women who have social needs and other issues," he said.

"Wherever you live, if you're a woman, you could register to get your care provided by this group and they will manage the pregnancy, delivery and the first two weeks afterwards."

Stobbe said the team has already made a proposal to the Ministry of

Health in the hope of receiving funding for the project. Although the project would be located close to the St. Catharines obstetrics department, he said community clinics could be held on a regular basis in Welland and Niagara Falls. In the years to come, he said, clinics could be held in other Niagara communities.

Meanwhile, a recommendation to establish a free-standing birthing centre in Niagara — included in the September 2012 report by NIS supervisor Kevin Smith — has garnered more support as a way to enhance care for moms-to-be. It's an idea that has found support among the midwives who would operate the facility.

Midwife Anne Woodhouse said developing a birthing centre in Niagara would be very welcome.

A birthing centre, she added, would "take some of the stress off the St. Catharines site, for sure."

And Welland city councillor Frank Campion, for instance, has been promoting the idea of transforming the now empty obstetrics department at the

Welland hospital into a birthing centre.

Campion, who represents Ward 2 and leads the city's health-care committee, said the Ontario government announced support a year ago for establishing new birthing centres throughout the province. But that support has so far been limited to larger centres such as Ottawa and Toronto.

And the "concept of having a standalone birthing centre is at the moment sort of up in the air" in Welland, Campion added.

In an e-mail, Health Ministry spokesman David Jensen said it will be more than a year before a new birthing centre is even considered in Niagara.

"The Ottawa Birth and Wellness Centre is expected to open at the end of December. The Toronto Birth Centre is expected to open in early 2014," Jensen said. "These two sites are part of a demonstration project and will be evaluated after one year of operations. The results of this evaluation will help to determine the feasibility of any future birth centres." Stobbe isn't convinced that

a birthing centre is worth pursuing.

"In my own heart, I'm struggling with whether or not a birthing centre is a solution for any of the access issues for Niagara," he said. "I understand why there are birthing centres in Ottawa and Toronto, but I really think that we've maybe been barking up the wrong tree."

He said the project his team is proposing is a better solution.

"This may be a way for Niagara to lead the way in designing a better health-care system," Stobbe said. "What we're proposing between family doctors, midwives and obstetricians doesn't exist anywhere in Canada."

allan.benner@sunmedia.ca



Fit FOR You

NIAGARA

Jump Start Your Get Fit Program!

Winter Classes at Portal Village

8 Classes \$75 Classes start Jan. 7
*Class Sampler!

Try any 4 classes for \$45, Perfect for getting started!

Tuesdays 7:00-8:00
Trim and Tone
Easy floor and mat exercises to develop muscle tone and strength followed by a yoga stretch to improve flexibility

Thursdays 7:00-8:00
Yoga Basics
De-stress in a beginner level class. Improve flexibility and strength. Enjoy a relaxed class and time to yourself!

Add a 6:30-7:00 mat exercise class before the yoga \$5 per session

Rae Anne Koro
Personal Trainer,
Nutrition Wellness &
Yoga Specialist.

For more information contact **Rae Anne:**
905-892-6709 - raeanne@bell.net

Give the Gift of SIGHT this Holiday

Receive as an added **BONUS** initial post-op drops, goggles and a 3 year vision care plan valued at

\$350

All procedures booked by Jan 31*

GIFT CERTIFICATES AVAILABLE

BOOK NOW! LIMITED TIME OFFER
See Now, Pay Later! **\$0 DOWN 0% INTEREST**

FREE Preliminary Eye Exam
Until Jan. 31* + \$200 OFF LASIK PROVISION'S GIFT TO YOU!

*To be used in conjunction with Eye Care. Excludes Surgery.

DR. ANDREW TAYLOR, MD
Has previously performed LASIK procedures.

4800 Morrison Street, Niagara Falls
Call **905-371-3217** or **1-888-810-2020**
www.lesikprovision.com

■ **TRAVEL:** Meghan Lavoie spends two months working at orphanages in Nepal and Vietnam

Journey of a lifetime for Welland woman

MELISSA MANGELSEN

Import News Staff

For 20-year-old Meghan Lavoie, the post-school travel bug was something she couldn't ignore.

"It was something that I felt I had to do. I've wanted to travel for as long as I could remember, but I wasn't allowed to travel alone until after college," the Welland woman said.

Lavoie decided to experience a part of the world in the most unique ways she was able to.

She was abroad for three months. The first month she spent touring and the second and third month she volunteered teaching English at an orphanage in Nepal and Vietnam.

"You come back and you're changed forever. You're a better person," she said describing her trip as a journey of a lifetime, with a purpose.

She was with Hope and Home in Nepal, where she worked with children and integrated with the community.

"It's a lot different there, I spent two weeks in the village. It's a small community and everyone knows you. Those kids steal your heart," she said.

In Nepal, there were 36 kids in the orphanage ranging from two years old to 17.

"That is their home, they're

there because their family was too poor to care for them, some are abandoned and some are actual orphans," she said.

In Vietnam, she volunteered with The Green Lion organization at an orphanage with about 60 children.

"Most of them are abandoned. It's common in Vietnam for women to come to the cities to try and make money. Unfortunately, it is by prostitution. Some of them get pregnant from prostituting but some are raped. They go to the orphanage and have the baby and leave because if they go back to the village with a baby, they won't be accepted," she said.

Lavoie returned to Canada last week and is still trying to adapt to life at home. When you have a life-changing experience abroad and see how others live, it puts life into perspective, she said.

"I'm so grateful for my bed and for a hot shower. I'm grateful for where I was born, but I feel like I don't deserve it. People here stress over what seems so silly," she said. "People were happier in Nepal and Vietnam. They made me do what they had and didn't complain. They see life completely differently and with a different outlook. People are miserable here."

During her three-month trip, she developed friendships with peo-



SUPPLIED PHOTO

Meghan Lavoie of Welland spent three months abroad volunteering her time at orphanages.

ple from around the world, and has made a connection with the kids at the orphanages.

"As soon as I can afford it, I want to go back. I want to take my friends to see these places and do more volunteering. I also want to go back to the orphanages and see the kids again."

She said the trip feels like a

dream.

"I'm still in shock and in awe about how life is there," she said.

Her trip ended with an election in Nepal, which is new for the country.

"Elections can cause a lot of turmoil in some places, but I didn't feel like my safety was ever in jeopardy," she said. "The day I left there was a transportation strike and I had to

get a ride on a motorcycle to get to the airport."

Her advice to others who have the travel bug is to just go. Her month touring she signed up with G Adventures to sail Greece on a 15-metre exclusive yacht.

melissa.mangelson@summedia.ca

Reach Over 20,000 Readers!

WITH YOUR MESSAGE IN THIS SPACE

For Only \$20⁰⁰ Per Week
Based on 13 Weeks

Call 905-732-2414 x.260



Mark Dubeau, Agent
220 Main Street West
Port Colborne, ON L3K 3V4
Bus: 905-835-0521
Toll Free: 866-748-7062
www.mrkidubeau.com

With life insurance, the benefits live on.

There are also benefits now.

I'll show you how life insurance can come in handy for more immediate family needs, like post-secondary education.

GET TO A BETTER STATE[®].

CALL ME TODAY.

State Farm[®]

12030705CN.1 State Farm International Life Insurance Company, Aurora, Ontario

Police dispel 'urban legend'

Don't be fooled into thinking police are on the way if you are being robbed at a bank machine and you punch in your PIN number backwards, warn Niagara Regional Police.

"It's an urban legend. It's not true," said Const. Derek Watson, responding to a posting that has been circulating on Facebook and other social media.

Watson noted on the NRP's Facebook page that social media is a great tool to share information, however, there is no filter to ensure

the information is correct.

The posting has been telling people that "if you should ever be forced by a robber to withdraw money from an ATM machine, you can notify police by entering your PIN # in reverse. For example, if your PIN number is 1234, then you would put in 4321. The ATM system recognized that your PIN number is backwards from the ATM card you placed in the machine. The machine will still give you the money you requested, but unknown to the

robber, the police will be immediately dispatched to the location. All ATM's carry this emergency sequence by law."

Don't believe any of that, said Watson.

"If you put in your PIN number backwards, you will just get prompted to try again because it's the wrong PIN number. It's just one of those things that has been getting a lot of attention, but the information is not correct," he said.

ID



Get your Season Pass Today!

Makes a great Stocking Stuffer!



WFOL.com/TD-RINK-at-The-Bank

That's what they said in 2013

KARENIA WALTER
QMI Agency Niagara

In the news biz, we love quotes.

They make a story come alive. They can sum up a victory, a shock, a tragedy, a bizarre or even a humorous event in a truly unique way.

With that in mind, we present some of our favourite news quotes from 2013.

"It was chaos. It was an all-out brawl."

Toronto Mayor Rob Ford on an Ontario Varsity Football League championship fight at St. Catharines Kiwanis Field that he helped break up Aug. 17.

"They are not rallies, they are not sports events, they are not brouhahas. They are council meetings."

West Lincoln Mayor Doug Joyner on Jan. 23, saying his township needs to do a better job of making sure decorum is kept in meetings.

"Pow! It scared the (crap) out of us. Within 10 seconds — bang. The next one goes off, and I'm right in the middle of it."

Niagara Falls resident Les Potapczyk on April 15, after working security for the Boston Marathon.

"There's a lot of shock right now. I'm kind of feeling sick about how someone can completely disregard human life and take advantage of an event like the Boston Marathon."

— St. Catharines resident Frank Pearson, two and a half hours after competing in the Boston Marathon on April 15.

"You really feel like you're in a quiet world of heaven. But it doesn't last long."

— Everett Smith, a St. Catharines resident who served in the elite 1st Canadian Parachute Battalion, speaking on Aug. 27.

"There was a woman standing next to me at the counter, and she looked at the printout the retailer had given me and said, 'That's not \$15,000 that's \$15 million!'"

— Retired GMI worker Stanley Ciuplicki on Jan. 3, explaining that he scored his Lotto 6/49 ticket in January thinking he won \$15,500.

"I've got grown men crying here."

— Paula Haynes, who was hosting a gathering after her firefighter husband Larry's funeral Jan. 21. Lincoln's fire station No. 4 lost three members between September 2012 and January 2013.

"We're looking for the brass ring. We're looking for the big one."

— Planetary scientist Phil McCausland of the University of Western Ontario in February on the belief there is a chunk of meteorite in Grimsby the size of a coffee cup.

"I am pleased to report there is nothing to report."

Niagara Health System chief planning officer Gloria Kaln after 222 patients were transferred in six hours from St. Catharines General Hospital to the new hospital site March 24 without a problem.

"This is a time for great doubt and great faith. They are often tied closely together."

— Pastor Jim Dekker of Covenant Christian Reformed Church in St. Catharines May 15 before a prayer vigil for homicide victim Tim Borna.

"At the last minute my wife and I bailed out. Ten seconds later, the crash was crushed."

— Ernie Duff, a retired former St. Catharines resident now living in Florida, on July 22, when the counterweight of the Lock 1 bridge came down.

"They all got washed away."

St. Catharines resident Marilyn Arroza speaking on Nov. 16 about losing 14 family members, including her mother, to Typhoon Haiyan in the Philippines on Nov. 8.

"We're survivors. We're tough old birds."

Joyce Fleeton, 75, of St. Catharines speaking about the tour bus she and husband Ken were in when it overturned on Feb. 23 in the mountains of Mexico, seriously injuring 18 people.

"The core of being Canadian is that we take pride in what we do. To display that Made in Canada label and know that it's respected worldwide — that's why I'm proud to be Canadian."

— Wes Wiens, of Wiens Family Farms in Niagara-on-the-Lake, who was crowned the 2013 Queen King on Sept. 17.

"This, in a community where previously the highest structure had been a triple-scoop cone of ice cream."

— Judge Joseph Quinn on the controversy over a 17-storey tower in Port Dalhousie in a Dec. 11 election expenses decision.

"Playing the ukulele is like having pizza and beer. You can't have it and not smile."

— Alan Ash, a member of The Ukulelers, a group of ukulele-loving folk who gather weekly in Niagara-on-the-Lake to jam on their ukuleles, in July.

"There's no satisfaction in (the) outcome. It's a tragedy for Ryan Russell's family, it's a tragedy for this city and for the Toronto Police Service. But I think it's also a tragedy for Mr. Kachkar. And the system has dealt with it in the best way it was able."

Toronto Police Chief Bill Blair on March 27 after a jury ruled St. Catharines resident Richard Kachkar was "not criminally responsible" for striking and killing Toronto Sgt. Ryan Russell with a snoupole in 2011.

"Men and women come up to me. People yell out their condolences to me when I'm walking down the street. It happens all the time. But I'm not the mayor. I'm not Mayor Ford."

— Fordhill resident, Toronto mayor look-alike and retired factory worker Barry Neelin in November at the height of the Rob Ford scandal.

"This was violence for the sake of violence."

Judge Peter Wilkie on April 18 in sentencing 22-year-old Michael Sheppard to four years in jail for aggravated assault for beating a stranger in the head on Clifton Hill in 2011 because he didn't like his haircut.

"Daddy bad?"
— The last words Laura-Lynn Jackson says she heard from her two-year-old son Timothy, who was murdered in St. Catharines nearly 17 years ago. His killer William Paul Dunn was let off on bail for the first time without an escort in April.

"It felt amazing."
— Niagara Falls' Nick Roma after walking a quarter mile in only 10 minutes with prosthetics on Aug. 10, a year after losing his hands and feet to amputation.

INDIAN RIVER DIRECT

CITRUS TRUCKLOAD SALE



Wednesday, Jan 8th, 10:00am - noon
RACE TRAC (554 Niagara St.)

20lb. box of FLORIDA
SEEDLESS NAVAL ORANGES
or RUBY RED GRAPEFRUIT

\$28.00
Per Box

A new BULOVA clock makes a great gift.....for any occasion !

Dead watch battery?
Looking for a vintage timepiece?
Repairs to most makes and models of
Vintage and Antique clocks and watches,
we do house calls!

Authorized Bulova Clock Dealer, Trintec
Canada & Harley Davidson Watch dealer.



Standard Time Watch and Clock Repairs

162 B West St. Port Colborne • 289-836-8000

Salute to Vienna™

NEW YEAR'S CONCERT 2014



STRAUSS SYMPHONY
of CANADA

BERNHARD SCHNEIDER,
conductor (from)
SERA GÖSCH, soprano (Vienna)
DANIEL SERAFIN, baritone (Vienna)

Donors from
BALLET OF URBANE &
CHAMPION BALLOON DANCERS

An unforgettable concert of waltzes,
polkas and operettas performed by
European singers and costumed dancers!

Sunday, January 5, 2014 • 7:30 pm
HURRY and SAVE! 1501 Prince Court, WALK
tickets: 1.855.872.5800 or
ticketsmaster.ca

Sponsored by
Nanyon Place
1240

Produced by Mike Stetson Concert Productions • 1.800.965.7987 or salutevienna.com

Robbery

WELLAND — The names of two people arrested following an armed robbery of the Mac's Convenience Store at Thorold Rd. and Prince Charles Dr. Friday have been released by

Niagara Regional Police. Robert Osborn, 19, and Brandon Porter, 21, of no fixed abode, have each been charged with robbery, using a firearm in the commission

of an indictable offence, point firearm and unauthorized possession of a firearm.

Osborn is also charged with discharge of a firearm, possession of stolen property,

careless storage of a firearm and breach of probation.

Two men entered the Mac's store at about 2:10 a.m.

Friday. One of the men was armed with a handgun and the

second had a shotgun as they approached the 24-year-old man who was working at the time. The shotgun was fired into the ceiling of the store.

The men fled with an undisclosed amount of money and lottery tickets, running to a red four-door car parked to the south of the store. The suspects were arrested later in

the day.

Police recovered a stolen shotgun, and a quantity of cash and lottery tickets stolen from the store.

A bystander, whose name has not been released by police, pursued the suspects and tackled one of them. Police are recommending him for a commendation.

Look in Thursday's paper for your M&M Meat Shops Flyer!



FROZEN FOOD
at its best

FULLY COOKED BEEF POT ROAST
MICROWAVE READY IN 33 MINUTES
907 g/2 lb

11.99 MAX SPECIAL
SAVE \$4



BREADED CHICKEN BREASTS
MADE FROM SOLID, ALL-WHITE CHICKEN BREASTS
Original • Spicy • Crispy
9.99 MAX SPECIAL
SAVE \$6
8 PORTIONS
907 g/2 lb



8 GREAT MEAT IDEAS

- NEW! Spaghetti Bolognese • Three-Cheese Pasta Bake
- Cheese & Spinach Canneloni • Lasagna • Chicken Lasagna
- Vegetable Lasagna • Shepherd's Pie • Fettuccine Alfredo

907 g/2 lb

6.99 MAX SPECIAL
SAVE UP TO \$3 NEW Try Our!



NEW! Spaghetti Bolognese
Ready from the microwave in just 12 minutes •
• NO WATER TO BOIL • NO MEAT TO BROWN
• NO SOGGY NOODLES we promise!

ALL PRICES IN EFFECT FRIDAY, JAN. 3 TO THURSDAY, JAN. 9, 2014 UNLESS OTHERWISE STATED.

St. Catharines 210 Glendale Ave. 905-682-3121

Niagara Falls 6225 Thorold Stone Rd. 905-354-0186

St. Catharines 353 Lake St. 905-646-8812

Fonthill 20 Hwy 20 E. 905-892-4765

St. Catharines 100 Fourth Ave. 905-682-6328

Welland 30 Rice Rd. 905-735-6819

IT'S GREATER! WE'RE OPEN LATER! Check our website for individual store hours.



AARON BOGGIO
R.Ph. B.Sc. PHM

BOGGIO
Family of Pharmacies

Ask Our



LARRY BOGGIO
R.Ph. B.Sc. PHM, Owner

Pharmacists

YAZ/ YASMIN: A LOOK AT THE RISKS VS. BENEFITS

There has been some recent concern from patients taking the oral contraceptive pills Yaz and Yasmin regarding the pills' safety. The concern stems from the release of media reports stating that these two brands of birth control pills (containing the ingredient, drospirenone) have been linked to the deaths of 23 Canadian women. The worry is that drospirenone — a type of progestin — carries a higher risk of developing a blood clot compared to other brands of birth control pills that do not contain this particular progestin. The purpose of this article is to discuss the reality of these risks and to alleviate any concerns patients may have.

Although many of the reported deaths resulted from blood clots, one cannot assume that the oral contraceptive is to blame. It is known that blood clots are a risk with birth control pills, but there are also many other reasons why someone could develop a clot. There has been no strong evidence to indicate that the contraceptive pills were the reason for these deaths. Health Canada has stated that the benefits of Yaz and Yasmin still outweigh the risks when used according to the labelling instructions.

There are warnings on the drug label about the risk of blood clots with these medications which may be 1.5 to 3-fold higher than other contraceptive pills. To indicate this small difference, the FDA found that 6 women in 10 000 develop a blood clot while using other birth control pills in one year, and about 10 women in 10 000 using Yaz or Yasmin will develop a blood clot in one year. Yes, this is slightly higher, but to put it into perspective, up to 29 women in 10 000 will develop a blood clot during pregnancy. In other words the risk of blood clots is much higher if a woman becomes pregnant than if they were using any form of birth control. Yaz and Yasmin are still considered to be safe and effective, so if you are using either of these medications, and are not experiencing any adverse effects, it is reasonable to continue their use.

Many factors come into play when deciding which birth control pill to take or even whether to take one at all. Some things to consider are a woman's history of blood clots, heart attack or stroke; age; smoking status; and with Yaz and Yasmin, liver or kidney disease. It is important for women to discuss these details with their doctor in order to make the best decision.

BOGGIO PHARMACY

200 Catherine St., Port Colborne

905.834.3514

www.boggios.com



DATEBOOK

JANUARY 3

SECOND CAREER

Information session at Employment Solutions, 2 p.m. to 3 p.m., 3 East Main St., Welland. Call 905-788-3751 to reserve your spot.

JANUARY 7

SMART SERVE

session at Employment Solutions, 9 a.m. to noon, 3 East Main St., Welland. Call 905-788-3751 to reserve your spot.

JANUARY 8

WELLAND CAMERA CLUB

welcomes Scott Simons from Niagara Falls presenting "Early Morning Close Up Photography" at Wesley United Church, 244 First Ave. N., Welland, at 7:30 p.m. Guests are always welcome. For further information visit www.wellandcameraclub.com.

JANUARY 9

WHIMIS TRAINING

at Employment Solutions, 9 a.m. to noon, 3 East Main St., Welland. Call 905-788-3751 to reserve your spot.

PROSTATE CANCER

Support Group meets at 7 p.m. at the Canadian Cancer

Society office, 45 Hannover Dr., St. Catharines. Cancer information plus discussions. Men and women welcome. For more information call 905-334-1686.

JANUARY 11

UKRAINIAN NEW YEAR'S

"Malanka" celebration at the Ukrainian Cultural Centre, 6:30 p.m. to 1 a.m. Dinner/dance featuring the Nutones. Tickets are \$40 each. Call Myron at 905-892-4336.

JANUARY 13

PORT COLBORNE HISTORICAL

Society meets at 7 p.m. at Portal Village Retirement Home. Local traveller/photographer Rolly Meisel will speak about the Appalachian History Highway. All welcome. For more information call 905-334-4143.

SAFE FOOD HANDLING

session at Employment Solutions, 9:30 a.m. to 3 p.m., and at the same hours on Jan. 14 3 East Main St., Welland. Call 905-788-3751 to reserve.

JANUARY 15

FIRST AID, CPR, AED

at Employment Solutions, also on Jan. 16, 9 a.m. to 4:15 p.m., 3 East Main St., Welland.

Call 905-788-3751 to reserve your spot.

JANUARY 19

WELLAND FAIR AGM

Niagara Regional Agricultural Society annual general meeting is at Holy Trinity Anglican Church, 77 Division St., Welland (market square entrance), starting at 2 p.m. Award ceremony to follow at 3 p.m. with light refreshments. Powder with barbecued chicken and Scottish leek and potato soups (Niagara College Canadian Food and Wine Institute) and chocolate chili (Lakeshore Catholic). Tickets are available at St. Kevin's parish office Monday through Friday, before and after weekend Masses; or call ticket convener Mim Gibbons, 905-734-8486. Tickets are \$10 each, seatings are 11 a.m., noon and 1 p.m.

ONGOING

VOLUNTEER DRIVERS

needed by Community Support Services of Niagara, within and outside the region. Volunteers are reimbursed mileage and hours are flexible (between 8 a.m. and 4 p.m. Monday to Friday). Call Laura Dumas at 905-788-3181 ext. 27 or e-mail ldumas@cssn.ca for more program details. You can also visit www.cssn.ca.

STITCH IT

at Port Colborne Library on Mondays 6 p.m. to 8 p.m. Do you sew, crochet, quilt, knit, or more? Bring your work-in-progress for a couple of hours of stitching and conversation. Cost is \$1 per week. Call the library at 905-834-6312 for

more information.

THERAPY TAILS

is at Port Colborne Library Mondays 6:30 p.m. to 7:30 p.m. Children are invited to drop by and tell a tale or two to a Therapy Tails dog.

COUPON CLUB

Thrifty Living Social Club & Coupon Swap takes place the last Monday of the month at Port Colborne Library, 310 King St., at 6 p.m. Free for all adults. Bring your tradeable coupons, enjoy some refreshments and social time. Chances to win prize draws.



12 beers on tap featuring local craft breweries

Watch all the leafs games including LEAFS TV on our 70" TV's. Daily food specials.

Monday- Pint of any Craft beer and 11lb of wings for \$10

Wednesday- \$12 pitchers of James Ready

5.5 Lager all day

Thursday- Pint of craft beer and any burger for \$12

Saturday- 2 for 1 wings (eat in only), \$13 Moosehead pitchers

Watch football on Sundays - \$10 Nachos,

32oz mini pitcher Caesars \$9

Like Iggy's Pub and Grub on Facebook and follow us on Twitter @iggysspub for up to date draft selections and daily food specials.



905-892-6667

115 Hwy 20 east Fonthill, L0S 1M0.

DENNIS O'REILLY CONTRACTING AND CARPENTRY

Look no further to get professional results

- Remodeling the Niagara Region for the past decade
- Dedicated to providing the finest quality of service and materials for your dollar
- Written warranties

Always a fast, friendly and **FREE** estimate
"Don't settle on part time service"

Ph: 905-894-8599

Dennis O'Reilly
GENERAL CONTRACTING

"Honest from start to finish"

- Bathrooms • Kitchens • Decks • Additions
- Closets • Fences • Pergolas • Garages

Free Estimates **905-894-8599**

www.dennisoreillycontracting.com



SPOTLIGHT on service

**Reach Over
20,000 Readers!**
**WITH YOUR MESSAGE
IN THIS SPACE**

For Only \$20⁰⁰ Per Week
Based on 13 Weeks

Call 905-732-2414 x.260

J. SNEEK PLUMBING

CALL JOHN SNEEK

OVER 25 YEARS EXPERIENCE

HOME: 905-834-2135 • BUSINESS: 905-964-2518

**FREE
CONSULTATIONS**



SERVICES:

Full/Partial dentures
Implant support dentures
Relines, Repairs

**NOW
OPEN**

David Scobie DD

Denturist

905-834-5757

The Art of Smiles
Denture Clinic

50 Charlotte Street, Unit Two
Port Colborne, Ontario
L2K 3E1



**TEMPERATURES
ARE FALLING!**

**CALL FOR A FREE ESTIMATE
ON FURNACE &
AIR CONDITIONING PACKAGES**

WE SERVICE ALL MAKES & MODELS!

905-892-7787

BOB REID

Heating & Air Conditioning
Residential - Commercial



SCC Computers
"Where traditional customer service
meets modern technology"

SERVICE | UPGRADES | REPAIRS | USED COMPUTER SYSTEMS

250 Kent St. Port Colborne
905-834-6333

graham@scccomputers.com
www.scccomputers.com

Home Care is Where Our Heart Is
Call Today And See Why We Are
More Than Just Home Care

CREDENTIALS

- Member of the Chamber of Commerce
- Fully Insured and Bonded
- WSIB
- Carefully selected certified personal support workers

**Family Links
HOME HEALTH CARE**

Sarah Sharpe
Owner & Personal Support Worker
905-580-8856 • sarahsharp81@gmail.com

When the electricity fails...
How will you be AFFECTED?

**Custom Designed Stand-by Power
Installations to Suit Your Needs**

Cornell Feenstra Electric Ltd.

All Types of Electrical Installation
Pole Line Installation & Aerial Bucket Truck Service
Call: 905-899-2373 • Fax: 905-899-2383

**Reach Over
20,000 Readers!**
**WITH YOUR MESSAGE
IN THIS SPACE**

For Only \$20⁰⁰ Per Week
Based on 13 Weeks
Call 905-732-2414 x.260

classifiedextra.ca

Canada's largest and most trusted
print and online classifieds network

Place it on classifiedextra.ca

Phone: 1-866-541-6757

Online: inportnews.classifiedextra.ca

Fax: 1-866-485-8461

Email: placeit@classifiedextra.ca

Building Supplies

STEEL BUILDINGS / METAL BUILDINGS
UP TO 60% OFF!
30x40, 40x60, 50x80,
60x100, 80x100 sell
for balance owed!
Call: 1-800-457-2206
www.crownsteel-buildings.ca

Produce/Food

DEVRIES FRUIT FARM
Apples, Pears,
#1's & 2's, Squash &
Apple Cider!
825 Carters Rd. 1 km
West of Fenwick.
Call 905-892-5724
Closed Sunday

Miscellaneous

HOT TUB (SPA) COVERS.
Best Price,
Best Quality.
All Shapes &
Colors Available.
Call 1-866-652-6837
www.thecoverguy.com/newsletter

Real Estate Services

CANCEL YOUR TIMESHARE
NO RISK program.
STOP Mortgage &
Maintenance
Payments Today.
100% Money Back
Guarantee. FREE
Consultation. Call us
NOW. We can help!
1-888-346-3246

Apartments

Location!

2 BDRMS available.
Spacious & quiet
mature living.
Balconies, laundry,
security entrance,
close to Maple park,
bus & shopping.
Starting at \$899.
870 CLARK AVE.
Call 1-905-735-5748

KINGS MANOR
on Glen Park Dr.
1 & 2 bdrm apt.
Park like setting. Extra
storage. 905-734-9255
or 905-735-5271

Condos/Lofts /Townhouse-Rent

Check It Out!

**Spacious 3 & 4 bdrm
Town House**
In great family complex
starting at \$650.
Call 905-788-0010
or 1-800-546-8955

Public Notices

CRIMINAL RECORD?
Don't let your past limit
your career! Since
1989 Confidential, fast
Affordable. A + BBB
Rating. **EMPLOYMENT
& TRAVEL FREEDOM.**
Call for FREE INFO
BOOKLET & NOW
PARDON
(1-866-670-7368)
www.RemoveYourRecord.com

Astrology Psychic Consultants

TRUE PSYCHICS
For Answers CALL
NOW 24/7 TOLL FREE
1-877-342-3032
Mobile #486
www.truepsychics.ca

Adult Entertainment

LOCAL HOOKUPS
BROWSE 4 FREE
1-888-628-8790
Mobile #7878
HOT LOCAL CHAT
1-877-290-0033
Mobile #5015

Find Your Favorite
CALL NOW
1-866-732-0070
1-888-544-0199
15+

FIND
ALL KINDS
OF
STUFF
HERE!



yourlifemoments.ca

Marking your milestones.

For Obituaries call:
1-877-750-5054

Fax: 1-866-485-8461
e-mail: obituaries@yourlifemoments.ca

All other moments call:
1-888-786-7621
Fax: 1-866-757-0227
e-mail: enlistoniasun@yourlifemoments.ca

Obituaries | In Memoriam | Thanks
Births | Celebrations | More

Birthdays

Happy 90th Birthday
Ruth Hoves

Come and celebrate with us at:
Port Colborne Seniors Centre
554 Flaxden Ave
Sunday January 5th from 2-5pm

MADE YOU LOOK

ADVERTISING
WORKS!

CALL US TO PLACE
YOUR AD HERE



Beat the temptation.

 **smokers' HELPLINE**
CANADIAN CANCER SOCIETY

TOLL-FREE

1-877-513-5333

**Local
merchants.**



**frugal
fridays**

**Huge
savings.**

**No strings
attached.**



NIAGARA FALLS

REVIEW



The Standard



THE TRIBUNE

AVAILABLE ONLINE ONLY

COMING JANUARY 10, 2014

scatharinesstandard.ca/frugalfridays

niagarafallsreview.ca/frugalfridays

wellandtribune.ca/frugalfridays